

MICROWAVE SAFETY

SUPERHEATING DANGERS

Hidden Dangers May Cause Injuries
When Microwaving Food or Liquids

Article Content

- When superheating happens
- How it could be dangerous
- How to avoid it
- What is superheating
- Why it is dangerous
- Why does it occur to a greater degree in microwave ovens
- Why is it possible to heat water above its boiling temperature
- Some quantitative details

Superheating

Water that goes to or above boiling without any visible bubbles is known as superheating.

Once the superheating has occurred – water can almost transform into a bomb. Anything inserted into the superheated water can trigger the flash boiling.

Example of Boiling Water Hazard



Tips for Microwave Users

- Put teabag or instant coffee in the water prior to heating
- Always stir liquids before heating
- Don't put twist ties in the microwave — electricity runs through and charges at either end causes sparks
- Stir food midway through cooking to distribute heat and homogenize the temperature.
- Allow standing time before touching — one minute for every cup of liquid.
- Sample food before giving to a child — test the temperature in several places
- Don't let plastic wrap touch foods during microwave use and be sure the brand of plastic wrap is microwave-safe.
- Always loosen plastic wrap at one corner.
- Don't microwave Styrofoam
- Don't dry herbs in the microwave, they will ignite
- Always lift a lid or plastic wrap away from your face
- Use a turntable inside the microwave to keep the liquid moving and to promote more even heating